



15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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Federn Oßwald Junior Team

□□□: 12:56:41

□□: 130

□□: 13.23 km/h

□□□□: 4:32 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 25 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 6(of 64)

Mixstaffel

□□□□□□□: 11:24:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:11:24	4:09	5	1:57	13	8:46	17.20	1:11:24	4:09	38	-	237	8:44
Schildwiese	20.10	1:18:52	3:55	5	12:30	14	12:30	37.30	2:30:16	4:01	38	-	237	17:42
Neuhaus	15.50	1:26:15	5:33	21	16:24	109	27:13	52.80	3:56:31	4:28	38	-	237	44:55
Masserberg	19.80	1:16:56	3:53	7	9:01	17	13:39	72.60	5:13:27	4:19	38	-	20	58:28
Allzunah	16.80	1:29:52	5:20	16	16:09	75	42:52	89.40	6:43:19	4:30	38	-	237	1:22:08
Grenzdler	19.80	1:27:45	4:25	9	15:56	31	15:56	109.20	8:11:04	4:29	38	-	237	1:36:03
Neue Ausspanne	13.80	1:04:45	4:41	4	8:38	39	14:31	123.00	9:15:49	4:31	38	-	237	1:50:16
Kleiner Inselsber	13.90	1:06:37	4:47	6	8:32	35	16:30	136.90	10:22:26	4:32	38	-	237	2:05:31
Hohe Sonne	19.70	1:24:08	4:16	10	14:19	31	16:38	156.60	11:46:34	4:30	38	-	237	2:22:09
Hirschel	14.70	1:10:07	4:46	7	9:26	43	16:09	171.30	12:56:41	4:32	6	1:31:51	25	2:38:18